

A Mindful Eating Self-Assessment Quiz

The following is a self-reflection exercise I often use with my nutrition clients who are working towards becoming **mindful eaters**. The goal is to help individuals become better in touch with their bodies' wants, needs, and signals after deciding once and for all to ditch harmful "dieting" and negative thought patterns. Take the quiz below to see if you are a mindful eater.

-Jennifer Broxterman, MSc, RD

Registered Dietitian & Sports Nutritionist

NutritionRx | Professional nutrition counselling services in London, Ontario, Canada

info@nutritionrx.ca

Are You a Mindful Eater?

From the Book: Eat, Drink, and be Mindful by Susan Albers, Psy.D

The following are characteristics of mindless dieters, mindless overeaters, undereaters, chaotic eaters, and finally, mindful eaters. This list contains key symptoms, but it is not an exhaustive list. People's mindless eating habits are expressed in many unique ways. Use this as a rough guide to see what types of mindless eating you experience. Put a check mark next to behaviours that describe yours.

Mindless Dieter

- ☐ Has tried many different kinds of fad and yo-yo diets that don't last long
- ☐ Buys lots of diet products, magazines with diet tips, diet guides
- ☐ Feels guilty when eating something "bad" or off the diet
- ☐ Ignores the taste of diet food
- ☐ Has a body image ideal in mind and feels unhappy with self without it
- ☐ Scrutinizes food labels and follows "food rules"

Mindless Overeater

- ☐ Has ups and downs in weight
- ☐ Eats until feels uncomfortable; is aware of fullness but keeps eating
- ☐ Picks at food mindlessly; grazes on food
- ☐ Feels out of control and unable to stop
- ☐ Has intense food cravings
- ☐ Feels embarrassed to eat with others
- ☐ Uses food to comfort self or to maintain pleasant feelings



NutritionRx: Jennifer Broxterman, Registered Dietitian & Sports Nutritionist
Email: info@nutritionrx.ca **Phone:** (519) 520-9549 **Website:** www.nutritionrx.ca



Mindless Undereater

- _____ Skimps on nutritional needs
- _____ Cuts out certain foods or food groups
- _____ Is obsessive about calories, carbohydrates, fat, or some other single aspect of food
- _____ Worries a lot about weight
- _____ Desires perfection
- _____ Feels good about self when hungry
- _____ Isolates instead of eating with others
- _____ Fears losing control

Mindless Chaotic Eater

- _____ Looks for a way to compensate for overeating (by exercising or purging)
- _____ Has ups and downs in weight
- _____ Sometimes purchases large amounts of food and sometimes restricts food (or has a *perceived* binge: eats a quantity of food that he or she believes is a lot but many not actually be that much)
- _____ Thinks critically about self; other areas of life also seem out of control
- _____ Has difficulty coping with stress; often uses food to help cope
- _____ Often uses food to numb out
- _____ Has many symptoms of overeating
- _____ Feels empty
- _____ Eats while doing something else and seldom feels full

Mindful Eater

- _____ Flexible about eating (sweets and healthy foods in moderation)
- _____ Aware of nutritional needs, able to meet body's needs
- _____ Familiar and in touch with body (hunger cues, fullness)
- _____ Trusts body to give accurate cues of hunger and fullness; hunger doesn't cause a lot of anxiety
- _____ Comfortably eats when hungry and stops when full
- _____ Nonjudgmental of self; accepting of body; notices self-criticism and can redirect thoughts
- _____ Focuses on the impact of food on health and general well-being
- _____ Enjoys food; doesn't get bogged down by guilt
- _____ Eats mindlessly occasionally (such as on holidays or around a favourite food)
- _____ Recovers quickly from any incidents of mindless eating

This worksheet should give you a general idea of where you fall on the spectrum between mindless and mindful eating. Keep in mind that people experience eating issues in so many different ways. Some elements may be familiar to you and some may not.



NutritionRx: Jennifer Broxterman, Registered Dietitian & Sports Nutritionist
Email: info@nutritionrx.ca **Phone:** (519) 520-9549 **Website:** www.nutritionrx.ca

